

CLAIMS

1. The use of prebiotics for the preparation of food preparations, functional foods, or pharmaceutical compositions intended to prevent or treat oxidative stress.
2. The use according to claim 1 of at least one oligosaccharide chosen from:
 - fructans
 - fructooligosaccharides (FOS)
 - galactooligosaccharides
 - xylooligosaccharides
 - soybean oligosaccharides
 - gentiooligosaccharides
 - isomaltooligosaccharides
3. The use according to claim 1 or 2, of fructooligosaccharides (FOS) of general formula Glucosyl-(Fructosyl)_n-Fructose or (Fructosyl)_m-Fructose where n represents an integer from 1 to 8, in particular from 1 to 5, and m represents an integer from 1 to 8, in particular from 1 to 5, such as the short-chain FOS, 1-kestose, nystose or fructosyl-nystose.
4. The use of prebiotics according to one of claims 1 to 3, in the context of the prevention or treatment of oxidative stress linked to the consumption of sugars.
5. The use of prebiotics according to one of claims 1 to 4, in the context of the prevention or treatment of oxidative stress linked to the consumption of fructose.
6. The use of prebiotics according to one of claims 1 to 5, in the context of the prevention or treatment of oxidative stress which is due to a consumption of fructose in food greater than approximately 50 g/day on average.
7. The use of prebiotics according to one of claims 1 to 6, in which said prebiotics are administered at a daily dose of approximately 1 g to approximately 20 g, in particular

approximately 2 g to approximately 17 g, in particular approximately 5 g to approximately 15 g.

8. The use of prebiotics according to one of claims 1 to 7, as compounds with an anti-radical effect in the context of the prevention or treatment of oxidative stress.
9. The use of prebiotics according to one of claims 1 to 8, as compounds with an anti-ageing effect linked to an effect which protects the cells of the organism against the action of free radicals.
10. A food preparation comprising a mixture of fructooligosaccharides (FOS), as defined in claim 3, comprising 64 % Glucosyl-(Fructosyl)_n-Fructose and 36 % (Fructosyl)_m-Fructose, with average degrees of polymerization of 4.8, the proportion by weight of said FOS present in said preparation varying between 10% and 100%, and in particular being approximately 15% to approximately 35%, preferably approximately 20%, relative to the quantity of fructose present in said preparation.